

Important News from HealthQuest

2016

H A P P Y N E W Y E A R

JANUARY 2016

Lighten Up

Does the new year have you thinking about losing weight?

Simple steps to shed unwanted pounds can equal big rewards. Take the first step towards well-being.

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The HealthQuest Portal (www.kansashealthquest.com) currently supports the browsers below:

Chrome (Version 33 and newer)

Firefox (Version 28 and newer)

Internet Explorer (Version 9 and newer)

Safari (Version 5 and newer)

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HEALTH: JUST THE BASICS

Healthy living isn't complicated – it is built on the foundation of nutrition and fitness. You need both to stay well. The basics:

Nutrition		Fitness	
	Fruits 2 cups	Moderate -intensity physical activity – 2½ hours every week (brisk walking, water aerobics, pushing a lawn mower). — and —  Strength training on 2 or more days a week.	Vigorous -intensity physical activity – 1 hour and 15 minutes every week (jogging, swimming laps, playing basketball).
	Vegetables 2½ cups		
	Grains (half of them whole) 6 ounces		
	Protein 6 ounces		
	Dairy 3 cups		
	Healthy Fats (monounsaturated and polyunsaturated) 6 teaspoons		

Based on 2,000 calories daily

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MAKE A GREAT PLATE.

Chickpeas and other legumes offer nutritious fiber.

Spice-Roasted Chickpeas

INGREDIENTS

15 oz. can no-salt-added chickpeas, drained	Pinch cayenne pepper (optional)
1 tbsp extra virgin olive oil	¼ tsp salt
2 tsp garam masala	



DIRECTIONS

Preheat oven to 400°F. Place chickpeas in a large bowl and toss with olive oil, garam masala, cayenne pepper (optional) and salt. Spread chickpeas in an even layer on a foil-lined, rimmed baking sheet. Bake until crispy, stirring occasionally, about 40 minutes.

Makes 4 servings. Each: 157 calories • 5.5g protein • 5g fat • 24g carb • 5g fiber • 126mg sodium

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Employee Assistance Program

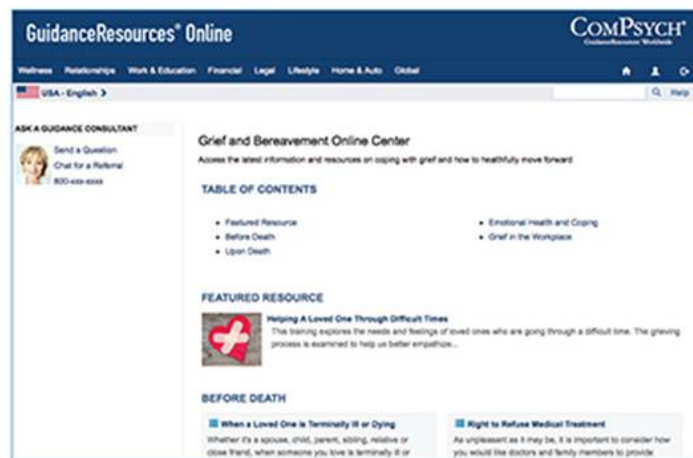
Guidance Resources Online – Online Centers

www.guidanceresources.com Company ID: SOKEAP

Sometimes it feels like your situation is unique and that nobody could possibly understand the challenges you and your family are experiencing. The interactive resources available in the new Online Centers could alleviate those feelings.

Bereavement Resources Are Just a Click Away.

Coping with the death of a loved one is an emotionally trying experience. Whether it's a parent, friend, relative or co-worker, the deep sense of loss can be overwhelming. What's important is to understand, identify and accept your feelings, as well as to develop the coping techniques necessary to steer you through the grieving process. The interactive features on GuidanceResources® Online can help. Use the site's search function to find articles, podcasts and other resources on bereavement, grief and loss to help yourself or anyone else through this difficult time.



Centers provide you and your loved ones with a variety of tools and resources on

the issues impacting your life. Centers offer up-to-date and expert-reviewed help sheets, featured articles, videos, slideshows and assessments, links to current multimedia and resources from applicable outside organizations.

Centers include a featured resource, such as webinars, on a number of topics:

- bereavement
- bullying
- caregiving
- eldercare
- empty nest
- healthy habits
- maternity
- autism

ONLINE CENTERS



Grief and Bereavement =New!
Empty Nest
Bullying

[View More Centers](#)

Mindfulness: Being Present in your Work and Life

The idea of mindfulness or being mindful is complete engagement in the present moment. It is a state where you are not thinking, reflecting, judging, or deciding, but are instead simply experiencing the things currently in your available experience. In many ways, people are largely unaware of our present moment, and often operate on “auto-pilot” to some degree. The autopilot mode is our default mode of operation. Even when we find ourselves in a pleasurable quiet moment we automatically begin to daydream about others, plan/worry about the future or ruminate about the past. We miss living in the present moment because we fail to pay attention to it. Mindfulness is about waking up to the present moment and paying attention to our experience. Learning mindfulness is not difficult; however, it is difficult to remember to do it. This training discusses mindfulness and how to incorporate its practice into your life.

Register at: <https://attendee.gotowebinar.com/register/8971585344727469313>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com. These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.

Rx Savings Solutions – Registration Worth 3 HQ Credits

<https://portal.rxsavingsolutions.com/#/register>

Prevent and Prosper

This is the time of year where the urge to share with others is at its peak. Unfortunately, this includes colds too. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their overall medical costs by taking simple steps to prevent catching and spreading cold viruses. Reduce your chances of getting a cold, by frequently washing your hands with soap and water, avoid touching your eyes, nose, and mouth with unwashed hands, and staying away from people who are sick when possible. You can prevent spreading your cold by staying home while you are sick, avoiding close contact with others, frequently washing your hands, covering your mouth and nose when you cough or sneeze, and disinfecting frequently touched surfaces¹.

It can be tempting to head straight to your primary care doctor or to urgent care, and get a prescription for an antibiotic, however antibiotics do not work against viruses, and they may make it harder for your body to fight future bacterial infections if you take them when you do not need to. Instead of spending hard earned money on an antibiotic that does nothing to help you recover from a cold, rest and drinking plenty of fluids is the most effective way to feel better. You should see a doctor, however, if you have a temperature higher than 100.4° F, symptoms that last longer than 10 days, or severe or unusual symptoms. You should always call the doctor if you have a child younger than 3 months with a fever¹.

It is important for patients to be active participants in managing their health.

References: <http://www.cdc.gov/features/rhinoviruses/>

The “Water Works” Wellness Challenge Kicks off January 18th!

This 4 week Challenge challenges you to drink half your body weight in water daily! Staying hydrated is important to your body’s functions!! Check out more on “Water Works” at <http://www.kdheks.gov/hcf/healthquest/challenges.html>.



Water Works Challenge

January 18th, 2016 – February 12th, 2016

Goal: 18 activity points

BOOST YOUR HEALTH

Stay hydrated! Water is not the only fluid that will keep you hydrated – milk, juice and even coffee provide you with valuable fluid you need.

WHY IS IT IMPORTANT TO STAY HYDRATED?

- During all weather, it is important to keep your fluid intake up – regardless of activity level.
- Adequate hydration replaces and maintains the fluid our bodies need to function properly.
- Mild dehydration can impair your ability to concentrate, impair short-term memory, cause fatigue and decrease cardiac output.
- Water helps cushion joints, keeps muscles working properly and preserves skin elasticity.

HOW THE CHALLENGE WORKS & TO TRACK YOUR POINTS:

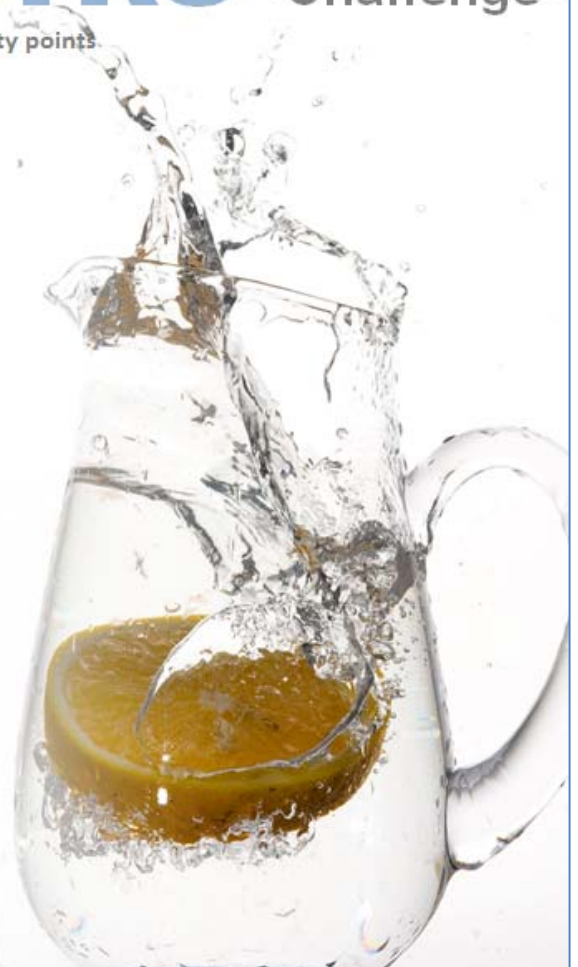


To take part, all you need to do is **drink half your body weight in water daily** (Example: If you weigh 160 pounds, you'll earn a daily point for drinking 80 oz of water daily). Participants can earn 1 point daily.

Track your activity points online each day at www.kansashealthquest.com or use the paper tracking form and record later. Be sure to record your activity points by February 19th, 2016.

Goal: Earn 18 activity points for 5 HealthQuest Credits.

www.KansasHealthQuest.com





The **Quit for Life Program** offers a fresh approach to quitting tobacco. When you enroll, our Quit Coach team will help you create a quit plan that is right for you. Plus, they will provide quit tips and replacement strategies to help you break free from nicotine. You may even be eligible for free quitting aids like gum or patches to help ease your cravings.

Don't Wait! Call today to get started! 1-888-275-1205
Option 3


Onsite Biometric Screenings ARE GOING ON across the STATE!

Click [HERE](#) to see the complete Screening Schedule and log-on to www.kansashealthquest.com to Schedule your appointment. Onsite Screenings are now worth 5 HealthQuest Credits!!

Attend an Onsite Screening to receive your Blood Pressure, Cholesterol, Glucose and BMI values and have them auto-populated to your Health Assessment Questionnaire!

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Safety Corner

Preventing Bathroom Slip-ups 

Keep your bathroom on the safe side:

- Set the water heater to 120°F** to prevent burns.
- Use rubber decals or non-slip suction mats** in your shower and tub to prevent falls.
- Place a non-skid bath mat** outside of the tub or shower.
- Never leave children younger than 6 years old** unattended in the bathtub.
- Empty the tub** after baths.
- Use safety devices** such as toilet locks and outlet plugs if you have toddlers.
- Install handrails** on tubs and walls. Use a bath stool or bench if older adults live in the home.



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Walk your way to better health by counting your steps with a smartphone app, pedometer or fitness wristband. If you're not used to exercise, try a **1,000-step** walk (1/2 mile) to start. Take several weeks to work your way up to **10,000 steps** - that's **5 miles!**



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The Healthy Holidays Challenge wrapped up January 1st ...Be sure to log your activity points by January 8th for 5 HealthQuest Credits!

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